

*Effect of Giving Pumpkin Enteral Formula on HDL Cholesterol Levels on Male
Rats Wistar Dyslipidemia*

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ABSTRACT

Dyslipidemia is a state of lipid abnormalities in which dyslipidemic patients experience hypertriglyceridemia and low HDL cholesterol with or without an increase in total cholesterol and LDL. The greatest prevalence of dyslipidemia is in the age range of 55-59 years, while at that age the ability to swallow begins to decrease. Swallowing disorders can cause a decrease in nutritional status. The recommended intervention is the administration of enteral formulas. Pumpkin Enteral Formula is an enteral formula that has been adapted to the needs of dyslipidemic patients. The purpose of this study was to determine the effect of the enteral formula of pumpkin on HDL cholesterol levels in dyslipidemic wistar rats. This type of research is a true experimental design with a Pretest-Posttest with Control Group Design. The samples used were male rats (*Rattus norvegicus*) wistar strain totaling 15 tails, 2-3 months old and weighing 100-300 grams which were divided into 3 groups, namely negative control group (K-), positive control (K+), and treatment group. (P). The negative control group (K-) was only given standard feed, the positive control group (K+) was given HFD and standard feed, while the treatment group (P) was given HFD, pumpkin enteral formula and standard feed. The results showed that there was no difference in HDL cholesterol levels before and after treatment in the negative control group ($p = 0.715$) and there was no difference in HDL cholesterol levels before and after in the positive control group ($p = 0.131$), but there was a significant difference in the positive control group. treatment ($p = 0.024$). So it can be concluded that there is an effect of giving pumpkin enteral formula on HDL cholesterol levels in dyslipidemic male Wistar rats.

Keywords : Pumpkin Enteral Formula, HDL Cholesterol Levels, Dyslipidemia.